



PORT AND BOROUGH OF KING'S LYNN

ANNUAL REPORT

of the

MEDICAL OFFICER OF HEALTH

(C. T. JONES, M.R.C.S., L.R.C.P., D.P.H., D.I.H.,)

FOR THE YEAR

1963

INCLUDING THE REPORT

of the

Senior Public Health Inspector

(R. A. GREEN, M.A.P.H.I.)


and the

Slaughterhouse Manager and Meat Inspector

(G. STEPHENSON, M.R.S.A.(Scot)., M.A.P.H.I.,
A.R.S.H.)

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BOROUGH OF KING'S LYNN

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BOROUGH OF KING'S LYNN

PUBLIC HEALTH STAFF

Medical Officer of Health

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Health Department, Town Hall,
King's Lynn.
Tel.: King's Lynn 5001-6. Ext. 5.

Senior Public Health Inspector

R. A. GREEN, M.A.P.H.I., from 1.8.62.

Additional Public Health Inspectors

L. KIRBY, M.A.P.H.I., till 31.3.63.
J. G. MICKLEBURGH, from 1.5.63.

Slaughterhouse Manager

G. STEPHENSON, M.R.S.A.(Scot.), M.A.P.H.I., A.R.S.H.

PORT AND BOROUGH OF KING'S LYNN

ANNUAL REPORT of the MEDICAL OFFICER OF HEALTH

*To: The Mayor, Alderman and Councillors
of the Borough of King's Lynn.*

Mr. Mayor, Ladies and Gentlemen,

I have the honour to present a report for the year 1963.

Health in the Borough has been generally satisfactory. Maternal mortality was again nil. Infant mortality was fourteen compared with nine in 1962. Mortality from tuberculosis was nil (two in 1963).

The five-year mortality table shows that the upward trend in deaths from coronary disease and angina continues. There were 66 deaths from this, the highest figure to date from the records in my possession.

Comment on these and other mortality figures and infectious disease notifications are made under the appropriate headlines.

I have the honour to be,

Your obedient Servant,

C. T. JONES,

Medical Officer of Health.

VITAL STATISTICS

Estimated Mid-Year Population (Registrar-General): 27,500

Live Births

<i>Number. Males 256, Females 256.</i>	<i>Total</i>	512
<i>Crude Rate per 1,000 population</i>	18.6
<i>Corrected Rate per 1,000 population</i>	18.4 (18.2)
<i>Illegitimate Live Births (per cent. of total live births)</i>		8

Stillbirths.

<i>Number</i>	9
				<i>Legitimate</i>	7
				<i>Illegitimate</i>	2
<i>Rate per 1,000 total live and still births</i>	17.2 (17.3)
<i>Total Live and Still Births</i>	521

Infant Deaths (*Deaths under one year*) 14

Infantile Mortality Rates

<i>Total infant deaths per 1,000 total live births</i>	27.3	(20.9)
<i>Legitimate infant deaths per 1,000 legitimate live births</i>		28.2	
<i>Illegitimate infant deaths per 1,000 illegitimate live births</i>		0	
<i>Neo-natal Mortality Rate (deaths under four weeks per 1,000 total live births)</i>	15.6
<i>Early Neo-natal Mortality Rate (deaths under one week per 1,000 total live births)</i>	11.8
<i>Peri-natal Mortality Rate (stillbirths and deaths under one week combined per 1,000 total live and still births)</i>	28.5

Maternal Mortality (*including abortion*)

<i>Number of deaths</i>	0
<i>Rate per 1,000 total live and still births</i>	0

Deaths

<i>Males 191, Females 151</i>	<i>Total</i>	342
<i>Crude Rate per 1,000 population</i>	12.45
<i>Corrected Rate per 1,000 population</i>	12.2 (12.2)
<i>Tuberculosis Respiratory</i>	0
<i>Cancer of the lung and brochus</i>	12
<i>Rate per 1,000 population</i>	0.43
<i>Cancer other forms</i>	44
<i>Rate per 1,000 population</i>	1.6
<i>Births exceeded deaths by</i>				170

(*Figures in brackets are National Averages for 1963*)

Mortality Figures.

The age distribution of deaths is given in the table below.

72.5% of deaths occurred over the age of 65.

46.5% (159) of deaths were due to diseases of the heart and circulation.

16.4% (56) of deaths were due to cancer. (25 women and 31 men).

Chronic Bronchitis caused 31 deaths.

Suicides were 3 and again all men.

Accidents caused a total of 10 deaths (16 in 1962), 2 of them in motor vehicle accidents (7 in 1962).

As nearly 75% of deaths were amongst those over 65 years and over, one expects the number of deaths from the degenerative diseases and cancers to be high as these are diseases affecting the older age groups.

The national expectation of life has increased from 50 years at about the turn of the century approximately 70 years now. This "death control," as it is sometimes called, highlights the changes in the public health picture and heralds new problems in the fields of preventive medicine and social welfare. The old infectious diseases have been largely overcome by specific preventive measures, new drugs, and improvement in the standard of living.

With this marked increase in the expectation of life it is becoming more important for those wishing a healthier life, particularly in what the American press calls the "sunset years," to learn a healthier way of life in youth.

The figure of 66 deaths from coronary heart disease is as stated on the opening page the highest to date and 32 of these were in persons under 65. In view of the increasing importance of this disease, I repeat my comments of last year. The disease is more common in cigarette smokers and less common in men doing regular heavy manual work.

The bronchitis deaths — 31 — were also higher than for many years.

The great advances in public health to date have been made because sanitary reformers, physicians and surgeons have done things for people. To extract greater benefit from these advances and to continue improvement it will be more and more important for people to do things for themselves. Grown men and women,

cigarette smoke themselves towards bronchitis, lung cancer and coronary trouble. Other preventable ill-health is brought on earlier by physical laziness, over-eating and alcoholism.

Children are allowed to eat sweets and biscuits between meals — indeed some seem to suck sweets from meal to meal and so develop dental caries at a rapid rate. To forbid children sweet-meats between meals isn't easy and many take the easy way. Added to the individual's natural tendency to self-indulgence, there is the pressure of those who want to sell him goods to indulge himself further.

A healthier way of life may sound puritanical and a healthier longer life of tomorrow is less attractive than self-indulgence today, but it has to be taught, for ignorance should never be allowed by the state to be a major source of ill-health. We cannot avoid the Reaper and we may be unfortunate and be cut down while we are still green, but we can avoid being cut down because we are green, in matters of preventable disease.

In 1963 the King's Lynn Council decided to offer the services of the Central Council's for Health Education anti-smoking unit to schools with older children; this was accepted by most of the schools and was well received by the staff and pupils. It is hoped to repeat the arrangement in 1964. The Council also advertised the dangers of smoking by poster and in the local press.

Such distribution of information and the day by day personal contact with children by teachers, medical and nursing staff are ways by which factual information can and is being made available to help towards what is sometimes called positive health.

On the governmental side, increasing time and legislation will probably need to be given to control alterations in environment from atmospheric pollution to the sophistication and adulteration of foods.

The latent period during which little ill-effect is apparent is so long with some substances (for example cigarette smoke) that a complete change of attitude may be advisable — from the substance being considered safe until proved unsafe, to being considered unsafe until proved safe.

This was well illustrated by the United States Public Health Service refusing to clear thalidamide for use in America until further information was available.

This more wary attitude to new substances that may affect human beings directly or indirectly is reflected in recent government regulations on the use of the more persistent chlorinated

hydrocarbon insecticides here and in the antipodes. A new and critical stage in man's interaction with his environment is being reached and man has the right to public measures to protect his health just as much as to protect his liberty, or property.

MORTALITY FIGURES

Deaths by Age Group.

0 — 4 wks.	4 wks. — 1 yr.	1 — 5 yrs.	5 — 15 yrs.	15 — 25 yrs.
8	6	0	0	1
25 — 45 yrs.	45 — 65 yrs.	65 — 75 yrs.	75 & Over	
7	71	90	159	

DEATHS BY SOME DISEASES OVER PREVIOUS FIVE YEARS

	1958			1959			1960			1961			1962			1963		
	M.	F.	Total	M.	F.	Total	M.	F.	Total	M.	F.	Total	M.	F.	Total	M.	F.	Total
T.B. Respiratory	2	1	3	2	1	3	1	1	2	1	1	2	2	—	2	0	0	0
Cancer of the Lung	11	—	11	12	1	13	8	2	10	9	4	13	6	2	8	11	1	12
Leukaemia	—	—	—	2	—	2	2	—	2	3	—	3	1	1	2	2	0	2
Coronary disease Angina	17	6	23	22	15	37	32	21	53	40	21	61	31	19	50	37	29	66
Hypertension with heart disease	2	4	6	3	4	7	2	—	2	—	3	3	—	2	2	3	3	6
Other heart diseases	10	8	18	9	21	30	23	19	42	5	17	22	6	10	16	8	12	20
Influenza	2	4	6	1	1	2	—	—	—	1	2	3	8	10	18	4	2	6
Bronchitis	7	8	15	9	8	17	3	8	11	7	3	10	10	3	13	25	6	31
Motor Vehicle Accidents	3	—	3	1	—	1	6	1	7	—	4	4	6	1	7	2	0	2

CLASSIFICATION OF DEATHS ACCORDING TO DISEASES

CAUSE OF DEATH	Sex	Total All ages	Under 4 weeks	4 weeks and under		AGE IN YEARS										
				1 year	1—	5—	15—	25—	35—	45—	55—	65—	75 & over			
1. Tuberculosis: Respiratory	M	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—
	F	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—
2. Tuberculosis: Other Forms	M	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—
	F	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—
3. Syphilitic Disease	M	1	—	—	—	—	—	—	—	—	—	—	—	1	—	—
	F	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—
4. Diphtheria	M	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—
	F	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—
5. Whooping Cough	M	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—
	F	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—
6. Meningococcal Infections	M	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—
	F	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—
7. Acute Poliomyelitis	M	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—
	F	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—
8. Measles	M	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—
	F	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—
9. Other Infective & Parasitic Diseases	M	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—
	F	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—
10. Malignant Neoplasm: Stomach	M	6	—	—	—	—	—	—	—	—	2	1	1	1	2	—
	F	7	—	—	—	—	—	—	—	—	—	—	—	4	3	—
11. Malignant Neoplasm: Lung and Bronchus	M	10	—	—	—	—	—	—	—	—	2	4	3	2	—	—
	F	1	—	—	—	—	—	—	—	—	1	—	—	—	—	—
12. Malignant Neoplasm:	M	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—
	F	4	—	—	—	—	—	—	—	—	1	1	—	1	—	—
13. Malignant Neoplasm: Uterus	M	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—
	F	4	—	—	—	—	—	—	—	—	1	1	1	—	1	—

Classification of Deaths according to Diseases—Continued.

CAUSE OF DEATH	Sex	Total All ages	Under 4 weeks	4 weeks and under 1 year	AGE IN YEARS									
					1—	5—	15—	25—	35—	45—	55—	65—	75 & over	
14. Other Malignant and Lymphatic Neoplasms	M	12	—	—	—	—	—	—	—	2	3	3	4	
	F	9	—	—	—	—	—	—	—	—	2	4	3	
15. Leukaemia: Aleukaemia....	M	2	—	—	—	—	—	—	—	—	1	—	1	
	F	—	—	—	—	—	—	—	—	—	—	—	—	
16. Diabetes	M	—	—	—	—	—	—	—	—	—	—	—	—	
	F	3	—	—	—	—	—	—	—	—	—	—	3	
17. Vascular Lesions of Nervous System	M	31	—	—	—	—	—	—	—	1	5	9	16	
	F	22	—	—	—	—	—	—	—	—	2	10	10	
18. Coronary Disease: Angia	M	37	—	—	—	—	—	—	1	4	9	7	16	
	F	29	—	—	—	—	—	—	1	—	2	8	18	
19. Hypertension with Heart Disease	M	3	—	—	—	—	—	—	—	1	1	1	1	
	F	3	—	—	—	—	—	—	—	—	1	1	1	
20. Other Heart Diseases	M	8	—	—	—	—	—	—	—	1	—	1	6	
	F	12	—	—	—	—	—	—	—	1	—	4	7	
21. Other Circulatory Disease	M	5	—	—	—	—	—	—	—	1	2	—	2	
	F	8	—	—	—	—	—	—	—	1	1	2	4	
22. Influenza	M	4	—	—	—	—	—	—	—	—	—	2	2	
	F	2	—	—	—	—	—	—	—	—	—	—	2	
23. Pneumonia	M	15	—	—	—	—	1	1	—	—	4	4	5	
	F	16	—	—	—	—	—	—	—	1	—	2	12	
24. Bronchitis	M	25	—	1	—	—	—	—	—	1	5	9	9	
	F	6	—	—	—	—	—	—	—	—	—	3	3	
25. Other Diseases of Respira- tory System	M	—	—	—	—	—	—	—	—	—	—	—	—	
	F	1	—	—	—	—	—	—	—	—	—	—	1	
26. Ulcer of Stomach and Duodenum	M	6	—	—	—	—	—	—	—	—	1	1	4	
	F	1	—	—	—	—	—	—	—	—	—	—	1	

Classification of Deaths according to Diseases—Continued.

CAUSE OF DEATH	Sex	Total All ages	Under 4 weeks	4 weeks and under		AGE IN YEARS								
				1 year	1—	5—	15—	25—	35—	45—	55—	65—	75 & over	
27. Gastritis, Enteritis and Diarrhoea	M	1	—	—	—	—	—	—	—	—	—	—	1	—
	F	1	—	—	—	—	—	—	—	—	—	—	—	1
28. Nephritis and Nephrosis	M	1	—	—	—	—	—	—	—	—	—	—	—	1
	F	2	—	—	—	—	—	—	—	—	1	—	—	1
29. Hyperplasia of Prostate	M	—	—	—	—	—	—	—	—	—	—	—	—	—
	F	—	—	—	—	—	—	—	—	—	—	—	—	—
30. Pregnancy, Childbirth, Abortion	M	—	—	—	—	—	—	—	—	—	—	—	—	—
	F	—	—	—	—	—	—	—	—	—	—	—	—	—
31. Congenital Malformation	M	5	2	3	—	—	—	—	—	—	—	—	—	—
	F	—	—	—	—	—	—	—	—	—	—	—	—	—
32. Other Defined & Ill-defined Diseases	M	9	2	—	—	—	—	—	—	—	1	3	3	3
	F	16	4	—	—	—	—	—	—	1	—	4	7	7
33. Motor Vehicle Accidents	M	2	—	—	—	—	1	—	—	—	—	1	—	—
	F	—	—	—	—	—	—	—	—	—	—	—	—	—
34. All other Accidents	M	4	—	1	—	—	—	—	—	—	1	—	—	2
	F	4	—	—	—	—	—	—	—	—	1	—	—	3
35. Suicide	M	3	—	—	—	—	—	—	—	—	—	1	1	1
	F	—	—	—	—	—	—	—	—	—	—	—	—	—
36. Homicide	M	—	—	—	—	—	—	—	—	—	—	—	—	—
	F	—	—	—	—	—	—	—	—	—	—	—	—	—
TOTAL ALL CAUSES	M	191	4	5	—	—	1	1	2	16	38	47	77	77
	F	151	4	1	—	—	—	—	4	7	10	43	82	82

CASES OF INFECTIOUS DISEASES CLASSIFIED IN AGE GROUPS AND LOCALITIES, 1963

	AGE GROUPS										WARDS								
	<i>Total all Ages</i>	<i>Under</i>		1—5		5—15		15—25		25—45		45—65		<i>Over 65</i>					
		<i>1</i>	<i>Under 1</i>	183	147	1	—	—	—	—	—	—	—						
Measles 	342	11	183	147	1	—	—	—	—	—	—	—	—	53	32	19	26	123	89
Scarlet Fever 	2	—	—	2	—	—	—	—	—	—	—	—	—	1	—	1	—	—	—
Whooping Cough 	32	6	14	12	—	—	—	—	—	—	—	—	—	—	2	—	1	5	24
Tuberculosis (Pulmonary) 	6	—	—	—	—	1	4	1	—	—	—	—	—	1	2	—	—	—	3
Tuberculosis (Non-Pulmonary)	2	—	—	—	—	1	—	1	—	—	—	—	—	—	—	—	—	1	1
Pneumonia 	6	2	—	—	—	—	—	—	—	4	—	—	—	4	—	2	—	—	—
Dysentery 	1	—	—	—	—	—	—	—	—	1	—	—	—	—	—	—	1	—	—
Jaundice 	14	—	—	8	3	3	—	—	—	—	—	—	—	1	4	1	3	3	2
Meningococcal Infection	1	1	—	—	—	—	—	—	—	—	—	—	—	—	—	—	1	—	—
Food Poisoning 	1	—	—	1	—	—	—	—	—	—	—	—	—	—	—	—	—	1	—
Puperal Pyrexia 	4	—	—	—	—	3	1	—	—	—	—	—	—	—	—	—	3	1	—
TOTAL	411	20	197	170	9	8	7	—	—	—	—	—	—	60	40	23	35	134	119

INFECTIOUS DISEASES

Measles.

342 cases — 1963 was a measles year. There were 379 cases in 1961 and 90 in 1962. Measles as yet is not a preventable disease and the outbreaks tend to run through the child population of urban areas every second year.

Whooping Cough.

32 cases as against 1 in 1962. Immunisation is now widespread, it does not always prevent the disease, but usually renders it mild. It is important for young babies — three months of age to be protected as the disease is more dangerous the younger the child.

Poliomyelitis.

No cases notified.

Infectious Hepatitis or Jaundice.

There were fourteen cases (31 in 1962) notified. 8 of the cases were in the 5 — 15 age group.

Tuberculosis.

6 cases of pulmonary Tubercle and 2 cases of non-pulmonary Tubercle were notified. This compares with 7 and 1 in 1963.

The Mass Radiography Unit visited Lynn in 1963 and I give below some of the findings together with those of the previous visit in 1961.

	1961			1963		
	Males	Females	Total	Males	Females	Total
Number of Miniature X-ray exams.	5299	3386	8685	5376	3827	9203
Number of cases of Pulmonary T.B.						
(a) Requiring immediate treatment or close clinical supervision	6	8	14	7	0	7
(b) Cases requiring follow-up at chest clinic	5	4	9	4	2	6

All the active cases but one were over 35 years of age.

This underlines the importance of X-raying the older age groups.

Of the thirteen-year-old children, tuberculin skin tested, 43 were found positive (66 in 1962). Of the 384 5-year-olds skin tested, 15 gave evidence of having been possibly in contact with tuberculosis 3.9% (9% in 1962).

These figures show that the tendency is one of overall improvement in the picture. I feel that the clearing up of the remaining areas of old substandard housing in the town will be important in making this problem smaller. Good housing and working conditions are probably the soundest public health methods of long term control of this disease.

VACCINATION AND IMMUNISATION

These are carried out by the County Council Services and are for the combined area and so include Freebridge Lynn R.D.C.

The vaccination and immunisation figures are available now only for the combined area. They are:—

<i>Vaccination.</i>			<i>Primary.</i>	<i>Re-Vaccination</i>
Under 5 years	144 (431)	3 (29)
5 — 14 years	17 (401)	14 (168)
15 years and over	5 (585)	4 (547)
			<hr/> 166 (1417) <hr/>	<hr/> 21 (744) <hr/>

<i>Immunisation.</i>			<i>Primary.</i>	<i>Re-Immunisation.</i>
(a) Diphtheria, Whooping Cough, Tetanus:				
Under 5 years	486 (498)	35 (13)
5 — 14 years	24 (28)	250 (72)
			<hr/> 510 (526) <hr/>	<hr/> 285 (85) <hr/>

The figures in brackets are for 1962.

The high vaccination figures for 1962 were due to the various smallpox outbreaks that occurred in the United Kingdom.

<i>(b) Poliomyelitis:</i>	<i>No. of persons who have received</i>		
<i>Age Group</i>	<i>Second Infections of Salk vaccine</i>	<i>Third dose oral vaccine</i>	<i>Total</i>
Children born in 1963	12	34	46
Children born in 1963	36	243	279
Children born in 1961	14	70	84
Children & Young Persons born in years 1943-60
	24	44	68
Young persons born in years 1933-42
	8	15	23
Others
	3	20	23
	<hr/> 97 <hr/>	<hr/> 426 <hr/>	<hr/> 523 <hr/>

Persons receiving re-inforcing doses:

Number of Persons given 3rd injection of Salk Vaccine	86
Number of Persons given 4th injection of Salk vaccine	5
Number of Persons given re-inforcing dose of oral vaccine after	
(1) 2 Salk Doses	103
(1) 3 Salk Doses	579

Following the drive in 1962 to use the new oral vaccine for poliomyelitis protection of adults the 1963 figures are mainly for children and the smaller number of expectant mothers not previously protected.

B.C.G. vaccination, also a County Council Service, was continued and I give the figures on page 19; they continue to show the pleasing trend in that the numbers showing a positive reaction to the skin test is less.

B.C.G. VACCINATIONS, 1963

SCHOOLS	<i>Number Eligible</i>	<i>Consents</i>	<i>Refusals</i>	<i>Skin Tested</i>	<i>Positive</i>	<i>Negative</i>	<i>Number Vaccinated</i>
King Edward VII Grammar School	80	69	11	69	7	62	61
High School for Girls 	94	81	13	80	7	72	71
Alderman Catleugh Boys' School	93	72	21	72	9	62	59
Alderman Catleugh Girls' School	97	75	22	72	6	66	66
Gaywood Park Girls' School 	125	99	26	97	7	84	82
Gaywood Park Boys' School 	93	74	19	74	6	68	65
Convent 	17	14	3	14	1	13	13
TOTAL 	599	484	115	478	43	427	417

HOUSING

In 1963, 40 families were re-housed from slum clearance areas and unfit properties, 50 families came into the town as key workers to new or existing industrial concerns, 54 families were re-housed whose names had been on the waiting list for some time, and 60 transfers were arranged between existing Council house tenants, to give more suitable accommodation for each family's needs at that time.

The Council's first schemes incorporating partial central heating were let during the year, at Gaywood and North Lynn, some dwellings using the gas warm-air system, and others under-floor heating by electricity. With the right sort of tenant these dwellings are popular, but experience has proved that they must be let with care, only to those who can afford a fairly high standard of living, who understand or will quickly learn the uses of thermostatic control for heating and who appreciate the necessary courtesy requirements when living in blocks of dwellings.

The modernisation programme planned for pre-war dwellings continued, and a further 200 houses were completed. There is no doubt that the addition of a hot water service, and a bathroom basin is very much appreciated by the tenants of these houses, and most have met the increase in rent without hardship.

Co-operation with the Nurse Tutor at the West Norfolk & King's Lynn Hospital continues, and each group of student nurses is shewn the Council's housing estates during the course of training. Most particularly the "Grouped Homes" scheme and Communal room, the Highgate Clubroom, a bungalow for the elderly as well as various houses are picked out for viewing, and also the Council's current scheme of slum clearance with an inspection of a really bad house, shewing all the defects found in such properties.

A new "Grouped Homes" scheme, with Warden's house and Community room was started near Columbia Way, North Lynn, which it is hoped will be fully let by the end of 1964, taking into the bungalow some of the most elderly from the Lower Canada Slum Clearance area.

Very many more callers are seen at the Housing Department than formerly, some undoubtedly due to the town being an "expanding" one and so attracting families in need of work and homes. It has always been usual to see on an average three or four people a day, excluding local applicants for houses, but this figure is now averaging ten to twelve persons a day and the figure is a rising one.

I am indebted to the Housing Officer, Miss Keith, for this report on Housing.

ANNUAL REPORT

of the

Senior Public Health Inspector

on the

Sanitary Circumstances of the Area

SANITARY CIRCUMSTANCES OF THE AREA

Water Supply.

1. The water supply in the area has been entirely satisfactory for both quality and quantity during the year. Continuous and regular sampling of water has been undertaken from Consumers' taps in the town and surrounding district and of water before chlorination at Gayton and Hillington Pumping Stations. Altogether 437 samples were taken and forwarded for analysis. With 4 exceptions, all samples forwarded gave negative bacterial results and were entirely satisfactory. Samples have also been examined for chemical analysis and a typical certificate is given below:—

Sample received 31st May, 1963, from King's Lynn Borough Engineer. Marked Hillington Pumping Station, Public Supply.

<i>Appearance when received:</i>	Clear.		
<i>Nature of Deposit:</i>	Nil.		
<i>Colour:</i>	Nil.	<i>Odour:</i>	Nil.
<i>Reaction:</i>	Neutral pH 6.8	<i>Taste:</i>	Satisfactory.

Results of Chemical Analysis in Parts per million

Ammoniacal nitrogen—negligible trace.		Hardness as CaCO_3 :	
		Total:	280
Albuminoid nitrogen	0.01	Carbonate (temporary)	250
Nitrate nitrogen:	11.0	Non-carbonate (permanent)	30
Nitrite nitrogen:	Nil	Alkalinity as CaCO_3	30
Chlorine as chlorides:	20	Alkalinity as CaCO_3	250
Oxygen absorbed		Free carbon dioxide	58
(4 hr. 270°C.)	Nil	Total solids (at 180°C.)	425
		Iron (Total)	0.09
		Metals in solution	Absent

Opinion

This water is of very good organic quality and there is no evidence of pollution from the chemical analysis. The total hardness is approximately 20° Clark, the major portion of which is temporary in nature. Metallic contamination is absent apart from a trace of iron. The appearance, odour and taste are all satisfactory and in our opinion on the chemical evidence this water is fit for drinking purposes and for general domestic purposes.

The reaction is very slightly on the acid side of neutrality and the free carbon-dioxide is moderately high so that the water may be expected to have some slight corrosive action especially on new pipes and fittings. Treatment to remove the potentially corrosive free carbon-dioxide and thereby increase the alkalinity of the water would be beneficial, especially when the water is used in boilers.

2. The waste detection service has continued satisfactorily. The town is divided into 17 deacon meter districts and regular night tests in each district are undertaken each month. Any areas which show unduly large night flows are subject to close investigation. During the year 4,968 defects were detected and satisfactorily repaired.

3. The total consumption of water for 1963 was more than during the previous year by both the domestic consumer and industrial user. Supplies afforded in bulk to the Freebridge Lynn Rural District and also to the Wisbech Water Board however showed decreases. The total quantity of water brought into supply was 1,111,408 million gallons, an increase of 15.85% over the previous year.

4. No economy appeals were necessary during the year.

5. A total of 7.5 miles of new trunk and distribution mains were laid and 178 new connections were made to the mains.

6. Progress has been made during the year on new works and the new 27" main from the reservoirs at Leziate to the Borough have been completed. Also a new 12" distribution main in Hansa Road, a new 6" main at West Lynn, and a new 15" main from the Congham Pumping Station to the site of the new Congham Booster Station were constructed.

The Minister have his decision on the Council's proposals for the establishment of a third source of supply at Congham, but it is disappointing to record that the Council's application for permission to abstract $1\frac{1}{2}$ million gallons per day from this source was approved only to the extent of $\frac{1}{2}$ a gallon per day. Work has started on the construction work necessary to bring this source into commission. Further progress has been made on the proposal for the formation of a River Abstraction Scheme designed to yield 6,000,000 gallons per day from the River Wissey at Stoke Ferry and a draft Order has been prepared.

Public Cleansing.

There is no material change to record in this section of the Corporation's work.

Street cleansing is carried out principally by mechanical means supplemented by manual labour in the central area of the town. Of the total mileage of roads in the Borough, 9 miles are cleansed at least once daily, 11 miles from 3 to 6 times per week, 17 miles are cleansed twice weekly and 58 miles once a week. Street gullies receive regular attention by means of mechanical gully emptiers.

Refuse Disposal.

Control tipping has taken place at the Corporation's tip situated in Salters Road where the whole of the Town's refuse is disposed of by this means.

I am indebted to the Borough Engineer for this report on the Water Supply and Public Cleansing.

Offensive Trades.

The number of Offensive Trades on the register at the end of the year was as follows:—

Rag and Bone Dealers	2
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10 visits were made to these premises.

INSPECTION AND SUPERVISION OF FOOD

Milk.

The following Licences were granted by the Local Authority:

2 Licences for Pasteurising Establishments.

32 Dealers' Licences to retail Pasteurised and T.T. Milk.

23 Dealers' Licences to retail Sterilised Milk.

Two samples of milk were taken monthly from the Pasteurising Establishments.

All samples satisfied the requirements of the Milk (Special Designation) Regulations, 1960.

17 samples of milk were submitted to the Public Analyst who reported them to be genuine.

Food and Drugs Act, 1955.

4 samples of sausage meat have been submitted to the Public Analyst who reported them to be genuine.

Informal samples of Flour, Custard Powder, Cake Mixture, Margarine, Butter, Ice Cream, Appicots, Milk Shake Syrup, Pie Filling, Tea, Table Cream, Sponge Mixture, were submitted to the Public Analyst, who reported them to be genuine.

Ice Cream.

34 samples were submitted to the Public Heath Laboratory. The Methylene Blue (Provisional Grading) results showed two samples to be Grade II, one sample to be grade III, and thirty-one samples to be grade I.

Markets.

30 visits were made to the Markets during the year.

Unsound Food Condemned.

40 lbs. Apples	64 tins Apricots
307 tins Beans	44 tins Beetroot
64 lbs. Bacon	3 tins Blackberries
59 tins Cherries	335 tins Carrots
221 tins Corned Beef	41 tins Cream
112 tins Fruit Salad	3060 lbs. Oxtails
144 tins Tomato Paste	28 tins Gooseberries
88 tins Grapefruit	40 lbs. Ham
36 tins Ham	34 tins Jam
4 tins Lagonberries	6 tins Rhubarb
220 tins Luncheon Meat	175 tins Creamed Rice
664 tins Milk	151 tins Stewed Steak
18 tins Mixed Vegetables	94 tins Soup
15 tins Strawberries	38 tins Salmon
120 tins Pilchards	9 tins Tongue
178 tins Pineapple	509 tins Tomatoes
139 tins Peaches	15 tins Oranges
72 tins Pears	2035 tins Peas
7 tins Spaghetti	50 tins Plums

Food and Drugs Act, 1955.

The number of premises registered under Section 16 of the Food and Drugs Act, 1955, are:—

52 Premises for the Sale of Preserved and Potted Meat
24 Fish Shops
143 Premises for the Storage and Sale of Ice Cream
58 Dairies and Milk Shops registered under the Milk and Dairies Regulations, 1960
26 Premises registered in connection with Peeling of Shrimps
1 Premises registered for Cooking of Poultry
1 Premises registered for Cooking of Ham
25 Inspections were carried out on premises for the Sale of Preserved and Potted Meat
25 Visits were made to Fish Shops.

FACTORIES ACT, 1937.

Part I of the Act.

1. Inspection for purposes of provisions as to Health:—

<i>Premises</i>	<i>Number on Register</i>	<i>Number of Inspections</i>	<i>Number of Written Notices</i>	<i>Occupiers Prosecuted</i>
Factories with Mechanical Power	142	91	Nil	Nil
Factories without Mechanical Power	19	4	Nil	Nil
Other Premises in which Section 7 is enforced by the Local Authority	19	19	Nil	Nil
	180	114	Nil	Nil

2. Cases in which defects were found:—

	<i>Found</i>	<i>Remedied</i>	<i>Number of Cases in which defects were found</i>	
			<i>Referred to H.M. Inspector</i>	<i>Referred to H.M. Inspector</i>
Inadequate Ventilation	Nil	Nil	Nil	Nil
Sanitary Conveniences	Nil	Nil	Nil	Nil
(a) Insufficient	Nil	Nil	Nil	Nil
(b) Unsuitable or Defective	1	1	Nil	1
(c) Not Separate for Sexes	1	1	Nil	1
Other Offences	Nil	Nil	Nil	Nil
	2	2	Nil	2

PART VIII OF THE ACT — OUTWORK
(Sections 110 and 111)

	No. of out-workers in August (2)	Section 110		Section 111		
		No. of cases of default in sending lists to be Council (3)	No. of prosecutions for failure to supply lists (4)	No. of instances of work in un-wholesome premises (5)	Notices Served (6)	Prosecutions (7)
Nature of Work (1)						
Wearing Apparel: Making, etc.	4	Nil	Nil	Nil	Nil	Nil

ANNUAL REPORT
of the
Slaughterhouse Manager
and Meat Inspector

G. Stephenson, M.R.S.A.,(Scot.), M.A.P.H.I., A.R.S.H.

CARCASSES AND OFFAL INSPECTED AND CONDEMNED IN WHOLE OR IN PART

	<i>Cattle excluding Cows</i>	<i>Cows</i>	<i>Calves</i>	<i>Sheep and Lambs</i>	<i>Pigs</i>	<i>Horses</i>
Number killed	2,353	40	64	3,638	7,142	Nil
Number inspected	2,353	40	64	3,648	7,142	Nil
ALL DISEASES EX- CEPT Tuberculosis and Cysticerci: Whole carcasses condemned	Nil	Nil	2	4	21	Nil
Carcasses of which some part or organ was con- demned	488	38	24	125	804	Nil
Percentage of the number inspected with diseases other than Tuber- culosis and Cysticerci	20.7	95%	40.6	3.5	11%	Nil
TUBERCULOSIS ONLY: Whole carcasses con- demned	—	—	—	—	—	Nil
Carcasses of which some part or organ was con- demned	—	—	—	—	—	Nil
Percentage of the number inspected affected with Tuberculosis	—	—	—	—	2.7	Nil
CYSTICERCUS: Carcasses of which some part or organ was con- demned	—	—	—	—	—	Nil
Carcasses submit- ted to treatment by refrigeration	—	—	—	—	—	Nil
Generalised and totally condemned	—	—	—	—	—	Nil

KING'S LYNN PORT HEALTH AUTHORITY

ANNUAL REPORT

of the

Port Medical Officer of Health

Including the Report

of the

Senior Port Health Inspector

PORT OF KING'S LYNN

ANNUAL REPORT

of the

Port Medical Officer of Health

To: The Mayor, Aldermen and Councillors
of the Borough of King's Lynn.

Mr. Mayor, Ladies and Gentlemen,

I have the honour to present my Report on the Port Health Service in King's Lynn for the year 1963.

The ships that called at the Port were free from notifiable Infectious Diseases.

For the number of ships inspected, nuisances were comparatively few. None were of a serious nature, and all were abated by simple representation to those concerned.

I am,

Your obedient Servant,

C. T. JONES,

Port Medical Officer of Health.

PORT OF KING'S LYNN

Section I. STAFF.

<i>Name of Official</i>	<i>Nature of Appointment</i>	<i>Date of Appointment</i>	<i>Qualifications</i>	<i>Any other Appointments held</i>
C. T. JONES	Port Medical Officer of Health	1.5.61	M.R.C.S., L.R.C.P., D.P.H., D.I.H.	Medical Officer of Health, Borough of King's Lynn; Medical Officer of Health, Freebridge Lynn R.D.C., Assistant County Medical Officer, Norfolk County Council.
R. A. GREEN	Senior Port Health Inspector	1.8.62	M.A.P.H.I., Cert. Meat and Other Foods	Senior Public Health Inspector, Borough of King's Lynn.
J. MICKEL-BURGH	Port Health Inspector	1.5.63	Cert. Jt. Board	Public Health Inspector, Borough of King's Lynn.
L. KIRBY	Port Health Inspector	1.6.62 till 31.3.63	M.R.S.H., M.A.P.H.I., Dip. R.I.P.H.H.	Public Health Inspector, Borough of King's Lynn.

Address and Telephone Numbers of the Medical Officer of Health:—

Offices: Town Hall, King's Lynn. *Telephone:* King's Lynn 5001-6. Extn. 5.
15, Nelson Street, King's Lynn. *Telephone:* King's Lynn 3643.

Residence: "Acacia Lodge," Grimston Road, South Wootton, King's Lynn. *Telephone:* King's Lynn 4195.

Address and Telephone Numbers of the Senior Port Health Inspector:—

Offices: Town Hall, King's Lynn. *Telephone:* King's Lynn 5001-6. Extn. 6.

Residence: 4, Edinburgh Avenue, King's Lynn. *Telephone:* King's Lynn 4207.

Section II. AMOUNT OF SHIPPING ENTERING THE DISTRICT DURING THE YEAR. Table B.

<i>Ships</i>	<i>Number</i>	<i>Tonnage</i>	<i>Number Inspected</i>		<i>Number of Ships reported as having, or having had during the voyage Infectious Disease on Board</i>
			<i>By the Port Medical Officer of Health</i>	<i>By the Port Health Inspector</i>	
Foreign	530	140285	35	176	Nil
Coastwise	669	202964	22	198	Nil
TOTAL	1199	343249	57	374	Nil

Section III. CHARACTER OF SHIPPING AND TRADE DURING THE YEAR. Table C.

Passenger Traffic:	Number of Passengers INWARDS:	British 11	Alien 121	TOTAL 132.
	Number of Passengers OUTWARDS:	British 48	Alien 99	TOTAL 147.
Cargo Traffic:	Principal IMPORTS:	Petroleum, Fertiliser, Timber, Grain, Potatoes, Iron & Steel and General.		
	Principal EXPORTS:	Grain, Iron & Steel, Sugar Beet Pellets and General.		
Principal Ports from which Ships Arrive:	Rotterdam, Antwerp, Hamburg, Casablanca, Bremen, Mantyluoto, Barcelona, Gothenburg.			
	Hamina, Bayonne, Aarkus, Copenhagen, Archangel, Leningrad, Rieme, Gdansk.			

Section IV. Inland Barge Traffic.

Nil.

Section V. Water Supply.

No change.

Section VI. Public Health (Ships) Regulations, 1952.

No change.

Section VII. Smallpox.

(1) *Hospital.*

By arrangements of the East Anglian Regional Hospital Board, the Smallpox Hospital for the area is:—

St. Helen's Hospital,
Ipswich.

(2) *Transport.*

The Ambulance Transport is provided by the Ipswich Ambulance Service.

(3) *Smallpox Consultants.*

(a) Dr. W. M. Oliver, M.B.R., Norfolk and Norwich Hospital, Norwich.

(b) Dr. A. G. Smith, 24, Unthank Road, Norwich.

(c) Dr. R. A. Leader, Elm Street, Ipswich.

(4) *Facilities for Laboratory Diagnosis of Smallpox.*

Specimens would be sent to Dr. A. D. Macrea, Virus Reference Laboratory, Colindale Avenue, London, N.W.9. Notification of despatch would be given by Telephone (Colindale 7041).

Section VIII. Venereal Diseases.

No change.

**Section IX. CASES OF NOTIFIABLE AND OTHER
INFECTIOUS DISEASES ON SHIPS.**

Table D.

	Disease	Number of Cases during the year		Number of Ships concerned
		Passen- gers	Crew	
Cases landed from Ships from Foreign Ports.	Nil	Nil	Nil	Nil
Cases which have occurred on Ships from Foreign Ports but have been disposed of before arrival.	Nil	Nil	Nil	Nil
Cases landed from Other Ships.	Nil	Nil	Nil	Nil

Section X. Observation on the Occurrence of Malaria in Ships.

No cases were reported.

Section XI. Measures taken against Ships Infected with or Suspected for Plague.

No change.

Section XII. Measures against Rodents in Ships from Foreign Ports.

With the co-operation of the Port Authorities arrangements have been made for:—

- (a) All ropes, warps, etc., used for mooring the ship to be fitted with canvas rat-guards, 2 ft. long, to be daily coated with tar, or fitted with shield, or discs. All rat guards are fitted clear of the ships and quay, and are adjusted with the rise and fall of the tide.
 - (b) No gangways, chutes or planks, etc., connecting the ship to the shore, except those in actual use, are permitted. Those in use are withdrawn as soon as possible at night.
- These measures are carried out as a practice on all

vessels from African Ports and grain-carrying ships, when conditions in the latter case allow it.

1. *Procedure for Inspection of Ships for Rats.*

Regular inspection of ships are carried out by the Port Health Inspectors and Rodent Operatives.

2. *Arrangements for the Bacteriological or Pathological Examinations of Rodents.*

Post-mortem examinations, and examination of stained films can be done at the Port Health Office. The Norwich Public Health Laboratory Service is also available for bacteriological and pathological examinations.

No rats were examined during the year.

3. *Arrangements in the District for De-Ratting Ships, the Methods used, etc.*

The Port is an approved one for the issue of De-Ratting Certificates and De-Ratting Exemption Certificates, and during the year 18 De-Ratting Exemption Certificates were issued.

Should occasion arise for a vessel to be de-ratted, a number of contracting companies who specialise in this work are prepared to come to the Port to carry out the necessary work. A list of these companies has been sent to all local Shipping Agents. The methods to be used would be fumigation by HCN or SO₃ trapping or poisoning.

4. *Progress in the Rat-Proofing of Ships.*

Generally satisfactory.

Rodents Destroyed during the Year in Ships from Foreign Ports.

<i>Category</i>	<i>Number</i>
Black Rats	Nil
Brown Rats	Nil
Species not known	Nil
Sent for examination	Nil
Infected with Plague	Nil

Two Rodent Operatives are employed jointly by the King's Lynn Borough and Port Health Authority. In addition to the inspections made by the Port Medical Officer and Port Public Health Inspectors, the ships in the Port, Quay, Wharves and Warchouses in the vicinity of the Docks are inspected by the Rodent Operatives systematically.

In general, the wharves and warehouses are of modern construction and are rat-proof.

Approximately 75 brown rats and no black rats were destroyed from the Docks, Quay, Wharves and Warehouses during the year.

TABLE F.
De-Ratting Certificates and De-Ratting Exemption Certificates
issued during the Year for Ships from Foreign Ports.

	No. of De-Ratting Certificates Issued				Number of De-Ratting Exemption Certificates Issued	Total Certificates Issued
	After Fumigation with Other Fumigant (state method)	After Trapping	After Poisoning	Total		
HGN						
(1)	(2)	(3)	(4)	(5)	(6)	(7)
Nil	Nil	Nil	Nil	Nil	32	32

Prevention of Damage by Pests Act, 1949.
Prevention of Damage by Pests (Application to Shipping) Act, 1951.

Number of Applications received for granting Rodent Control Certificates — Nil.
Number of Vessels inspected for the purpose of granting Rodent Control Certificates — Nil.
Number of Rodent Control Certificates granted in accordance with Article 3(2) (b) of the Order — Nil.
Number of Inspections of Dock Premises — 94.

Section XIII. INSPECTION OF SHIPS FOR NUISANCES. Table G.

Nature and Number of Inspections	INSPECTIONS AND NOTICES			Results of Serving Notices	
	Notices Served		Other Notices		
	Statutory Notices				
	Statutory Notices				
Routine Inspection	374	Nil	2	Nuisances abated
Total:	374	Nil	2	—

**Section XIV. Public Health (Shellfish) Regulations,
1934/1938.**

There were no complaints during the year about the quality of mussels sent out from King's Lynn.

Section XV. Medical Inspection of Aliens (Applicable only to Ports Approved for the Landing of Aliens).

No change.

Section XVI. Miscellaneous.

No change.

Conclusion.

I have to thank the Officers of H.M. Customs, King's Lynn Conservancy Board, British Transport Docks Board, Eastern Sea Fisheries Joint Committee, the Shipping Companies, and the owners of Commercial Premises on the Docks, for their willing help and ready co-operation.

I have the honour to be,
Your obedient Servant,
C. T. JONES,
Port Medical Officer of Health.

